

Red Potato and Cauliflower Curry

2 c. water
2 T. finely chopped gingerroot
4 t. ground coriander seeds
2 t. ground cumin seeds
1 t. turmeric
1/2 t. ground cinnamon
1/8 t. ground cardamom
1/4 t. cayenne pepper
1 lb. red potatoes, chopped into bite-sized pieces
1 lb. cauliflower florets (about 1 1/2 lb. cauliflower as purchased)
3/4 c. coconut milk
1 t. salt
1 t. soy sauce

Bring the seasonings to a boil in 2 cups water in a covered pot. Add the red potatoes and simmer until they are about half tender. Add the cauliflower and cook until tender. Add the coconut milk, salt and soy sauce. Serve with brown rice. Serves 8.